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Monday, December 8, 2014

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HISTORIC LABOUR ARBITRATION PROCESS SET TO BEGIN

Over the next week, unions representing all health care workers in Nova Scotia will head into a historic arbitration process with the government over Bill 1, The Health Authorities Act, which was passed in early October.

The Nova Scotia Government & General Employees Union (NSGEU) isn't opposing the restructuring of the health care system, but objects to the fact that government is forcing health care workers into different unions without a vote.

The NSGEU will argue in arbitration that the Province's Bill 1 is a violation of health care workers' rights under the Canadian Charter of Rights and Freedoms.

Prominent labour lawyers have pointed out that health care

workers in Nova Scotia and across Canada have always been able to choose their union.

"Government can restructure the health care system in a way that still respects workers' fundamental rights," said NSGEU President Joan Jessome, "Taking this right away from these workers will only make health shortages worse."

"We're calling on government to simply allow health care workers to vote on their union representation. That is what has been done in other provinces where the health care system has been restructured, and what happened in previous restructurings here in Nova Scotia," Jessome added.

Continued on page 2

NSGEU www.nsgeu.ca

WORKERS WORRIED LEGISLATION WILL MAKE HEALTH CARE WORSE

Workers have written thousands of letters to government officials, pleading with them to stop the attacks on health care workers, and have submitted sworn affidavits to be presented during the arbitration process.

Eileen Mallett, an Administrative Professional who has worked at the IWK for more than 30 years, questioned the true motives behind Bill 1: "We fought long and hard and voted to have this representation from the NSGEU. The threat of this being taken away by this government and forcing members into other unions without so much as a say in the matter stands at the very heart of democracy. How can this happen? Is the real plan here just another way to slash benefits and/or wages?"

Many also expressed concern that Bill 1 will make health care shortages worse.

"I have heard of a number of Health Workers who are choosing to leave their jobs or put in their retirement papers rather than stay in a system that seems to be going from bad to worse," wrote Gwentyth Dwyne, who works in Health Promotion, "In addition, the worry of what the re-organization of the Unions will mean is already impacting the health and wellbeing of healthcare workers This does not bode well for either inpatient health care or for a healthier Nova Scotia. Health Care workers are part of Nova Scotia. That this has become an 'us against them' is devastating. I do not profit off the backs of Nova Scotians - I serve Nova Scotians both with my work and my tax dollars."

Arbitrator James Dorsey has ruled that he will hear arguments from the unions asking him to interpret Bill 1 in a manner that respects the constitutional rights of the workers affected by the legislation.

In his affidavit looking into the scope of the Charter of Rights and Values of Freedom of Association, Dalhousie Law Professor Wayne MacKay explains that traditionally, matters of union affiliation are handled under the Trade Union Act, with the main agency for resolving disputes being the Nova Scotia Labour Relations Board.

"When there is the kind of change and restructuring that is happening here, employees would normally be allowed to vote for the trade union they would like to represent them," MacKay writes.

He adds: "The Act does not follow the majoritarian principle and instead limits representation. In particular, the right to vote for the trade union of one's choice is removed."

The arbitration hearings begin Tuesday at 9:30 a.m., running until 4:30 p.m. each day up to and including Sunday, December 14th.

Mr. Dorsey's written decision is expected in early January.

Visit www.nsgeu.ca for more information.

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That's a whole lot of loo-t

Scotiabank Centre's washroom upgrades come with a total price tag of \$751,025

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Hope Blooms finds a home

Organization celebrates grand opening of its new headquarters on Cornwallis Street

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You win some, you lose some

Mooseheads cruise over Islanders but fall to Sea Dogs in weekend action

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FORGET THE SAME OLD STORY

GREY'S ANATOMY ALUM SANDRA OH TURNS TO CROWDFUNDING FOR BETTER REPRESENTATION

PAGE 14



THE JOY OF GIVING

Santa Claus waves to kids in Upper Tantallon on Sunday as he hands out candy canes and collects food and toy donations for a local food bank. Many people are making donations such as this throughout the Halifax region, with the holiday season upon us. JEFF HARPER/METRO

'We seem to be getting worse'

Pedestrian collisions.

Halifax councillor concerned after 10 mishaps in 5 days

Quoted

"Just pay attention and don't take things for granted."

Coun. Russell Walker to pedestrians and drivers



HALEY RYAN

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Despite more than a year of awareness around pedestrian-vehicle collisions in Halifax, a spike of 10 accidents in a five-day stretch has one city councillor fearing "we're not getting any better."

Starting last Tuesday, police in Halifax reported 10 collisions involving a vehicle hitting a pedestrian. Eight of those happened in a crosswalk.

"We're not getting any better at it. We seem to be getting worse," Coun. Russell Walker said Sunday.

"It's almost like, 'Why did we even start this committee?'" Walker added in reference to the crosswalk safety advisory committee.

One of the collisions happened in Walker's district Sat-

urday evening, when police were called to a hit-and-run accident.

A 21-year-old man had been crossing at Main Avenue and Dunbrack Street around 5 p.m. when he was hit by a PT Cruiser. Police said the driver left the scene after stopping briefly.

Walker said these accidents are "always concerning" and that intersection is not busier than many across HRM.

He said pedestrians have to be thinking about when it's safe to step into a crosswalk. They do have the right of way, but making sure drivers see you and are slowing down is the hard part.

Many of the collisions happened when a driver was turning left on a light, which Walker said shows people aren't looking where they're going.



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Plan for residential towers 'overly aggressive': Staff

Wellington Street.

Company asks for amendments to building bylaw, but a city report states overly dense structures could result in 'less liveable' centre



HALEY RYAN
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Despite city staff opposing a south-end Halifax development design they say is "overly aggressive," the project will come before regional council and residents during a public hearing Tuesday.

In October, the Halifax & West Community Council passed a motion that regional council should approve amendments to the Municipal Planning Strategy (MPS) and

Land-Use Bylaw (LUB) at 1034, 1042, 1050 and 1056 Wellington Street for twin eight- and 10-storey towers on top of a shared main floor.

Dino Capital Ltd. is asking for the amendments to build a multi-unit residential building over the 26,940-square-foot space. A previous design with two towers of seven and nine storeys atop a three-storey podium was refused. In this area, MPS designates medium-density where buildings don't exceed four stories. There is also a 35-foot height restriction, and it's in a "general residential conversion zone" under LUB.

Gorsebrook Park is right behind the lot, while 15- and 13-storey residential buildings are to the north and a five-storey condo is across the street — bringing an "eclectic" style of development with no dominant form.

The report still said the proposal is not "contextually sensi-



The proposed development for Wellington Street. HANDOUT

tive" to the street.

Staff's concerns include how the building is "excessive" in taking up 75 per cent of the lot, limited setbacks, and the towers being separated by 26 feet when it should be three times that distance.

While the report said part of the Regional Plan is bringing more people into downtown, overly dense and poorly designed buildings could result in a "less liveable" centre.

"A careful balance must be struck between adding density

... and not disturbing the elements of the community which make it livable," the report said.

"This application is overly aggressive in the density being sought, and does not meet the test of sensitivity discussed above."

Washroom upgrades to cost more than \$750K

A Halifax construction company is flush thanks to a new project at the Scotiabank Centre.

The city is recommending regional council award the tender for the building's washroom upgrades to the lowest bidder, Avondale Construction Ltd., for a total price tag of \$751,025, according to a staff report coming before council Tuesday.

The Scotiabank Centre is planning on spending \$7.4 million over five years in various improvements like washroom

Scotiabank Centre

The report said work is expected to begin within two weeks on the washroom upgrades after the tender is awarded, and then take about a year to complete.

upgrades (2014-15), new seating (2015-16) and a new roof and ice surface (2016-17). Work on the concessions area is now underway.

To address concerns around

long wait times, little accessibility and aging services, the upgrades focus on five washrooms on the mezzanine and three on the concourse level.

They include more floor area for three washrooms, and 30 additional stalls — four of which are barrier free for better accessibility.

New water-efficient plumbing fixtures, finishes, redesigned entrances, circular wash fountains, improved ventilation and energy-efficient lighting are also planned.

Tenders were called in Sep-



A worker installs new signage on the recently minted Scotiabank Centre in September. JEFF HARPER/METRO

tember and closed Oct. 10. Avondale Construction submitted a bid of \$558,200 for Phase 1, where the additional stalls

will be — on the mezzanine floor — and \$192,825 for the second phase of the project on the concourse. HALEY RYAN/METRO



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Clayton Park. 3 charged after pellet gun incident

Three teenage boys are facing charges after police received a complaint of a handgun being pointed at a pedestrian near a Halifax-area intersection.

The call to police came in at 10:45 p.m. Friday with the pedestrian walking in the area of Lacewood Drive and Willett Street in Clayton Park. According to a witness, a passenger in the vehicle pointed what was believed to be a handgun at the pedestrian.

Police descended onto the

Possession of a weapon

Three Halifax-area boys — aged 16, 17 and 18 — have each been charged with possession of a weapon and will appear in court at a later date.

scene and the vehicle was located near Main and Dunbrack Street.

The teens were arrested after police say they found a pellet gun inside. **METRO**

Shooting. Man facing attempted murder charge

The RCMP has named an 18-year-old man who is facing a charge of attempted murder and aggravated assault after another man was shot in a fight.

Police say Charles James MacPherson was arrested without incident and is scheduled to appear in Antigonish provincial court on Monday.

Investigators say the incident occurred around 12:30 a.m. Saturday at a residence

in North Riverside. Police say a fight broke out between two 18-year-olds in a loft apartment on North Riverside Road.

The Mounties say the victim, who is from Boylston, was shot in the shoulder and was taken to a hospital in Antigonish with non-life threatening injuries.

RCMP Sgt. Alain LeBlanc says MacPherson may also face firearms charges.

THE CANADIAN PRESS

Shelburne County

Body of missing hunter found

A search has ended for a missing hunter after his body was found Saturday in Shelburne County.

The search for the 67-year-old man started on Friday night after he was reported missing on McGills Road.

The man had been deer

hunting since 2 p.m. Friday and was supposed to return home at nightfall.

Family members found his ATV on a trail but could not locate the driver.

The Mounties say a police dog found the man's body near his hunting blind at about 1:45 a.m. Saturday.

The RCMP say in a news release that they do not suspect foul play in the man's death.

THE CANADIAN PRESS



The former site of St. Patrick's-Alexandra School. JEFF HARPER/METRO

Groups appealing sale of school site

Supreme Court of Canada. City policy allows for non-profit organizations to have first chance at buying surplus properties, Halifax groups argue

A set of community groups has asked the Supreme Court of Canada to weigh in on the controversial sale of the St. Patrick's-Alexandra school site in Halifax's north end.

The North Central Community Council, composed of three separate organizations that have opposed the sale of

the site to a developer, has announced the appeal.

In October, the Nova Scotia Court of Appeals ruled the property should be sold to Jono Developments Ltd., which agreed to buy the site from the city after it was declared surplus in 2011.

The community groups intervened, arguing a city policy allows for non-profit organizations to have first chance at buying surplus properties.

The community groups were successful in having the sale to the developer quashed at the Nova Scotia Supreme Court, only to have that decision reversed on appeal.

Now, they have turned to the highest court in the land for relief.

"We were hoping not to go this route," said Rev. Rhonda Britton of the North End Community Council. "Unfortunately we couldn't secure any kind of agreement and came up against a deadline when we had to file the papers."

According to Britton, the principle at the heart of the case — how to deal with the sale and disposition of public land — is one of national importance.

"We felt the principle is important enough to press the case," she said. "This could be precedent-setting."

The Community Council's vision is to enter into a period of phased development, with the site eventually including a community hub and tiered

If the answer is no ...

If the Supreme Court declines to hear the case, or rules in favour of the developer, Rev. Rhonda Britton said the community council would just "have to deal with it at that time."

housing, some designed for those with low incomes.

In a case that can be fraught with tension, Britton wanted to emphasize the goals of her group.

"We aren't against development," she said. "We just want to do it in a responsible way that provides for our community." **BRAEDON CLARK/FOR METRO**

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Anniversary of Halifax Explosion remembered in several ceremonies

97 years ago. 'It matters that all of you came here today,' says Mayor Mike Savage

BRAEDON CLARK

halifax@metronews.ca

From the hill atop Fort Needham Park, one can see where it all happened, where the Imo and the Mont Blanc collided and forever changed the history of Halifax.

Ninety-seven years ago Saturday, the city was shattered, a moment that was remembered at several events.

At Fort Needham Park, near the north-end neighbourhoods that were most devastated by the explosion, bells tolled in the early morning as a solemn reminder of what was lost.

"It matters that all of you came here today," Mayor Mike Savage told an assembled

crowd of about 200 people. "By coming, you keep the memory of the victims alive and remember this important part of our history."

Several wreaths were laid at the Bell Tower in remembrance of the 2,000 killed and 9,000 injured in the explosion.

Among the dead were nine Halifax firefighters, who were memorialized at a ceremony at Fire Station 4 on Duffus Street.

"Their service is done and their sacrifice is remembered," a fire captain said before a bell was rung nine times, once for each firefighter who was lost.

One of the more poignant moments of the day came when 95-year-old Charlie Holmes — a 33-year veteran of the fire service — laid a wreath at a monument commemorating the explosion casualties with a new recruit who would be starting with the service on Monday.

As the memory of the ex-

To the minute

The exact time of the Halifax Explosion on Dec. 6, 1917 was 9:04 a.m.

plosion continues to fade further and further into history — 2017 will mark the 100th anniversary — the city is planning a major effort to mark the significant anniversary.

"We've already struck an advisory committee to begin planning for it," said Coun. Jennifer Watts, who presided over the ceremony at Fort Needham Park.

After the ceremony, people walked back to their cars, the harbour in view, almost empty now.

All around them was a neighbourhood largely rebuilt after the Halifax Explosion, a constant reminder of what was, even as it continues to fade away.



Charlie Holmes, the oldest surviving veteran of Halifax regional fire, lays a wreath honouring the nine firefighters who died during the Halifax Explosion. BRAEDON CLARK/FOR METRO

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Hope Blooms grows bigger, brighter

'Community hub.'

First-ever headquarters for community garden and salad dressing business opens on Cornwallis Street

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A brand new \$60,000 kitchen, full of shiny appliances.

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Above all else, a place to call their own.

That's what the people of Hope Blooms — a community garden and salad dressing business run by inner-city youth in Halifax's north end — can look forward to after the grand opening of their new headquarters on Cornwallis Street on Friday.

The space, in which almost everything was donated, was jam-packed with members, supporters and people who just wanted to recognize the group's work.



The new location for the headquarters of Hope Blooms. BRAEDON CLARK/FOR METRO

"This will make a huge difference compared to what we had in the past," said Craig Cain, a Hope Blooms member.

Before, the group often had to move from place to place to hold meetings and make their signature salad dressings. Now, they have a permanent location with a big sign and a snazzy

new refrigerator.

"It's bizarre to see all this, just bizarre," said Rylee Hendricks, 13, who has been involved with Hope Blooms since she was eight.

Almost everything in the location, from the flooring to the microwave, was donated by local businesses and support-

ers, many of whom turned out for the celebration. Jessie Jollymore, a dietician who founded the group back in 2008, spent several minutes thanking a long list of people who had made the new headquarters possible.

"It's just amazing," she said. "This place is going to be a com-



Members of Hope Blooms look on during the opening of their new space.

BRAEDON CLARK/FOR METRO

munity hub and represents the next step for Hope Blooms."

With a new board of directors — adults, all of whom are answerable to the kids who run the show — along with the official status as a registered charity and a new greenhouse on the way, Hope Blooms is bursting well beyond its humble beginnings.

Still, no matter how big the organization gets, there will always be salad dressings, including a couple of new varieties that were unveiled on Friday

and quickly scooped up by the box.

"It's awesome for so many people to show their love and support," Cain told the crowd.

Youth

In 2013 the group appeared on the reality TV show *Dragons' Den* to pitch their business idea, and ended up going home with \$40,000.

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On

911 operator. Christmas CD targets mental health

A Halifax 911 operator has made a Christmas CD that she hopes will change thinking about mental health.

Lana Grant said Sunday the title track of Changing the Way People Think at Christmas was written because she and a group of artists wanted to do something positive for people struggling with mental illness during the holiday season.

The 42-year-old musician says she often handles emergency calls from people at this time of year who are feeling troubled and lonely.

Grant says all of the proceeds from the project will go to mental health programs through the Mental Health Foundation of Nova Scotia.

She said musicians donated their time, a studio provided a discount for production and philanthropists Fred and Elizabeth Fountain funded the production of the CDs.

By Sunday, sales had raised \$8,000 and Grant says the goal is to reach \$35,000 in sales.

Each CD also contains information about mental health programs and ways that people

Teamwork

Twelve Nova Scotia artists came together to sing harmonies on the title song. Lana Grant worked with music producer Chris Iannetti on the track, which touches on several genres of music and vocal styles. Dave Carroll, Ralph Jordan Croucher, Laura Garsten, John Gracie, Lana Grant, Asif Illyas, Makayla Lynn, Ryan MacDonald, Rylee Madison, Quake Matthews, Liz Rigney and Marko Simmonds also participated in the project.

can find help.

Grant said in her professional life she hears people's cries for help and it motivates her to attempt to make a difference through her music.

"I can sit and reflect on all the things I hear and the things I experience and let that bother me, or I can take that and make something positive and beautiful happen from that," she said.

THE CANADIAN PRESS

Jabez Financial. \$4M fraud suspect hearing postponed

A man accused of committing more than \$4 million in fraud through Windsor-based Jabez Financial will remain in custody until at least Dec. 16, after his bail hearing was postponed again.

Quintin Earl Sponagle appeared briefly in Kentville provincial court on Friday where the Crown prosecutor and defence attorney Chris Manning agreed to delay the show cause hearing for nine days.

Sponagle was extradited

from Panama last week. He was charged in 2011 with three counts of fraud over \$5,000 and one count of theft over \$5,000. He was arrested in Central America in 2013, but fought the extradition order.

Sponagle went to Central America in 2006, while the Nova Scotia Securities Commission was investigating Jabez Financial based on complaints from investors.

He is scheduled to appear Dec. 16 in Windsor court.

KING'S COUNTY REGISTER



Quintin Earl Sponagle is escorted into Kentville provincial court on Friday by sheriff's deputies. KING'S COUNTY REGISTER

Victim under 16

Glace Bay pastor guilty of sexual interference

A Nova Scotia Supreme Court jury returned a verdict of guilty Friday on one of three counts of sexual interference against a Glace Bay pastor.

Pastor Robert Stewart Lawther, 62, of Reserve Street, had been charged with three counts of sexual interference involving three girls under the age of 16. The offences were alleged to have occurred between 2006 and 2011, when two of the complainants were between the ages of six and 11 — they are now 14 — while the third was between the ages of two and seven, and is now 10.

The jury found Lawther guilty on the count involving one of the 14-year-olds. She testified the man known in the community as Pastor Bob touched her on numerous occasions while in a swimming pool.

CAPE BRETON POST

Going to Truro

Scotsburn Co-op moves out of... Scotsburn

It may still be called Scotsburn, but it will no longer be based there.

Scotsburn Co-operative Limited has announced that it is centralizing management and administration close to its largest production facility in Truro.

Earlier this year, Scotsburn decided to focus exclusively on its growing ice cream and novelty business. The change of direction was triggered by selling its fluid milk division to Saputo.

Eighteen positions at Scotsburn offices in Scotsburn, Dartmouth and St. John's, N.L., were transferred to Truro over the past several months.

The remaining 11 positions at the co-operative's office in Scotsburn will be transferred to Truro over the next few months.

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Video displays accident that crippled Sea King helicopter

Canadian Forces Base Shearwater. Military has said investigation looking at human error

Sparks flew and ground-crew members sprinted away when a Sea King helicopter tipped forward, smashing its five rotor blades on the tarmac of Canadian Forces Base Shearwater last year, military security video shows.

The video, obtained under access-to-information laws, offers the first public glimpse into the moments when the chopper suddenly jerked forward during the nighttime incident on July 15, 2013.

It shows the rotors striking the runway and slicing off the rear tail from the fuselage as the helicopter slightly lifts off the ground.

Another video taken from inside a nearby main-

tenance hangar shows dark fluid flowing into the facility within seconds.

Capt. Alexandre Munoz, a spokesman for the Royal Canadian Air Force, says that after pieces of the helicopter hit the building, it set off a fire-suppression system, and that is where the fluid came from.

Nobody was hurt, but images show that flying debris damaged the building. The military has said the aircraft was a writeoff.

A brief summary of the incident that the military posted online says the helicopter just completed a crew change for a training mission when it was called to a separate part of the tarmac so that the captain could sign flight records.

As the co-pilot completed the procedures necessary to park the helicopter and the captain began to remove his safety harness, the crew on board felt the aircraft pitch forward rapidly, the summary says.

Preliminary findings indicate that there weren't mechanical problems with the helicopter or maintenance errors, and flight-safety investigators are focusing on human factors, the summary adds.

THE CANADIAN PRESS



A Canadian Sea King Helicopter lays on its side in Shearwater on July 16, 2013. COURTESY CPL. DAVID RANDELL, DEPARTMENT OF NATIONAL DEFENCE/THE CANADIAN PRESS

Lessons

A spokesman for CFB Shearwater said nobody was available to comment on whether any changes have been made to procedures since the incident.

Delays

Aging fleet set to be relieved

Attempts by the federal government to replace the 50-year-old fleet of Sea

Kings have been repeatedly delayed.

The Sikorsky Aircraft division of United Technologies was originally scheduled to begin delivery of 28 new maritime helicopters in 2012.

Ottawa signed an agreement with Sikorsky in June that federal officials said will allow for the gradual retirement of the Sea Kings beginning next year.

One senior defence of-

ficial has said the Cyclones — a military version of Sikorsky's S-92 helicopter — are expected to be delivered next year and should begin flying operational missions in early 2016.



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Prostitution laws. Wynne expresses concern about safety of sex workers

Ontario Premier Kathleen Wynne says she is concerned the country's new prostitution law fails to make sex workers safer, and is seeking advice on whether it is in line with the Charter of Rights and Freedoms.

Wynne says she has asked the province's attorney general to advise her on the legislation's "constitutional validity" in light of the Supreme Court of Canada ruling quashing the old law. In her statement Sunday Wynne says she has also asked to be given "options" in case the law's charter compatibility is questioned, but adds the province will still enforce it.

The new law took effect Saturday and more than 60 organizations and agencies from across the country are calling for its non-enforcement and repeal. It's the latest flare-up between Wynne and Prime Minister Stephen Harper, who Wynne has said is refusing to meet to discuss issues of importance to the province.

The sweeping new changes



Ontario Premier Kathleen Wynne
DARREN CALABRESE/THE CANADIAN PRESS

to the way prostitution is regulated in Canada follow the Supreme Court decision last year that found the old laws violated the rights of prostitutes.

The new rules criminalize the purchase of sex as well as things like advertising or other forms of communication related to its sale, while providing some legal immunity for sex workers themselves.

THE CANADIAN PRESS



Paying tribute to a legend

Mourners file past the casket to pay their respect during the public viewing for the Montreal Canadiens legend Jean Beliveau Sunday in Montreal. Beliveau died at the age of 83.

PAUL CHIASSON/THE CANADIAN PRESS

Threats issued

ISIL video calls for attacks on Canada

A U.S.-based company that monitors trends within the global jihadist movement says the Islamic State of Iraq and the Levant (ISIL) has released a video calling for lone-wolf attacks on Canadian targets.

STIE Intelligence Group posted the six-minute, 13-second video on its website Sunday and it's been distributed on Twitter and jihadi forums. On the video, a man, who says he is Canadian and identifies himself as Abu Anwar al-Canadi, urges his Muslim countrymen to follow the example of Martin Couture-Rouleau. Couture-Rouleau killed one soldier — warrant officer Patrice Vincent — and injured another when he ran them down with a car in October.

Standing in the ruins of an unidentified area, Abu Anwar warns Canadians that their country being part of the U.S.-led coalition fighting ISIL will bring revenge attacks upon them.

THE CANADIAN PRESS

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Protests erupt in California over decision not to indict NYPD officer

Chokehold death.

Victim's family thankful for peaceful demonstrations despite vandalism, looting in California

Mostly peaceful protests of a grand jury's decision not to indict a white police officer in the chokehold death of an unarmed black man continued around the country, but authorities said a march in California turned violent when a splinter group smashed windows and threw objects at police.

A Berkeley police officer received hospital treatment for a dislocated shoulder after being hit with a sandbag, while another sustained minor injuries, police spokeswoman Jenn Coats said.

She said several businesses were looted and damaged when a splinter group broke off from the peaceful demonstration Saturday night, and officers attempting to get the crowd to disperse used smoke and tear gas. Protesters threw rocks, bricks, bot-

tles, pipes and other objects at officers, and some squad cars were damaged. At least six people had been arrested by the time the unrest ended early Sunday morning, Coats said.

Thousands have protested peacefully in New York and elsewhere since the announcement Wednesday that a grand jury declined to indict a white officer in the death of Eric Garner, a black man who gasped, "I can't breathe," while being placed in a chokehold as he was being arrested for selling loose, untaxed cigarettes.

The decision closely followed a Ferguson, Mo., grand jury's choice not to indict a white officer in the fatal shooting of 18-year-old Michael Brown.

The scope of the demonstrations and the lack of violence were moving to Garner's mother and widow, they said Saturday.

"It is just so awesome to see how the crowds are out there," said Eric Garner's mother, Gwen Carr.

"I was just so proud of that crowd. It just warmed my heart."

Garner's widow, Esaw Garner, said she saw dem-

onstrators from her apartment window and told her son, "Look at all the love that your father's getting."

Officers have said the outcry over the grand jury decision has left them feeling betrayed and demonized by everyone from the president and the mayor to throngs of protesters who scream at them on the street.

"Police officers feel like they are being thrown under the bus," said Patrick Lynch, president of the police union.

Garner's family members joined the Rev. Al Sharpton later Saturday as Sharpton laid a wreath at the site on Staten Island where Garner died July 17 in a confrontation that started when police tried to arrest him.

An amateur video seen by millions showed Garner gasping, "I can't breathe" during the fatal encounter.

"All we're concerned about is justice from the police," said Garner's stepfather, Benjamin Carr, who wore a T-shirt with the words, "Enough is enough."

Over the last several days protests have held in New York City, Philadelphia, Chicago, Seattle, Miami and Las Vegas. **THE ASSOCIATED PRESS**



Demonstrators toss smoke bombs during a march in Berkeley, Calif. on Saturday. Two officers were injured Saturday night at the protest when things turned violent, with protesters smashing windows and throwing rocks and bricks at police, who responded by firing tear gas, authorities said. Demonstrators were responding to the grand jury verdicts in the shooting death of Michael Brown in Ferguson, Mo. and the chokehold death of Eric Garner in New York City by local police officers in their communities. SAM WOLSON/THE ASSOCIATED PRESS/SAN FRANCISCO CHRONICLE

Typhoon Hagupit kills 3, sends 900,000 to shelters



Strong waves crash into coastal houses as Typhoon Hagupit pounds the Legazpi, Albay province in the Philippines on Sunday. Hagupit knocked out power in entire coastal provinces, mowed down trees and sent more than 650,000 people into shelters before it weakened Sunday. AARON FAVILA/THE ASSOCIATED PRESS

Typhoon Hagupit knocked out power, left at least three people dead and drove nearly 900,000 into shelters before it weakened Sunday, sparing the central Philippines the massive devastation a monster storm brought to the region last year.

Shallow floods, damaged shanties and ripped-off store signs and tin roofs were a common sight across the region, but there was no major destruction after Hagupit slammed into Eastern Samar and other

island provinces. It was packing maximum sustained winds of 140 km/h and gusts of 170 km/h on Sunday, considerably weaker from its peak power but still a potentially deadly storm, according to forecasters.

The typhoon, which made landfall in Eastern Samar late Saturday, was moving slowly, dumping heavy rain that could possibly trigger landslides and flash floods.

Traumatized by the death and destruction from Typhoon

Haiyan last year, nearly 900,000 people fled to about 1,000 emergency shelters and safer grounds. The government, backed by the 120,000-strong military, had launched massive preparations to attain a zero-casualty target.

Two people, including a baby girl, died of hypothermia in central Iloilo province Saturday at the height of the typhoon, disaster-response agency chief Alexander Pama said. Another person died after

being hit by a falling tree in the eastern town of Dolores, where the typhoon first made landfall, according to Interior Secretary Mar Roxas.

Two women were injured when the tricycle taxi they were riding was struck by a falling tree in central Negros Oriental province.

Nearly 12,000 villagers, however, will remain in government shelters in Albay because their homes lie near a restive volcano. **THE ASSOCIATED PRESS**

Israel

Military to look into airstrike deaths

The Israeli military says it opened a criminal investigation into a deadly airstrike from the last Gaza war.

At least 24 members of the Abu Jamea family were killed in the July 20 strike

on their home. They included 18 children between the ages of six months and nine years, according to death certificates obtained by The Associated Press.

The military said there was reasonable belief for deviation from army procedure, and this probe is among eight new investigations announced Saturday. **THE ASSOCIATED PRESS**

Saudi Arabia

Women held for nearly a week over driving ban

Two Saudi women activists have been detained for nearly a week for defying the kingdom's ban on women driving, family members and an activist said Sunday.

The women, who were arrested after driving into Saudi Arabia from the United Arab Emirates, are supporters of a grassroots campaign launched in October 2013 against the ban.

Organizers say the ban on women driving underpins issues in Saudi Arabia that give men great influence over women's lives. **THE ASSOCIATED PRESS**

India

Uber driver arrested over alleged rape

Indian police arrested a driver from the international taxi-booking service Uber Sunday for allegedly raping a young woman in the capital. **THE ASSOCIATED PRESS**



One of the women, Loujain al-Hathloul, seen driving Nov. 30. LOUJAIN AL-HATHLOUL/THE ASSOCIATED PRESS

Low oil prices may hit banks' bottom line

Worry. TD Bank has been impacted by the price of petroleum and there is concern other lenders are at risk, too

Oil prices that reached a five-year low on Friday are starting to take a bite out of profits at TD Bank and raising concerns for the rest of the country's top lenders.

Canada's biggest banks earn up to 20 per cent of their revenues through providing investment and corporate banking services, with oil and gas companies an important part of that client base.

But with oil prices slipping — they have tumbled roughly 35 per cent to under \$70 a barrel from their mid-summer highs due to a strong U.S. dollar, low demand and a glut of global supply — TD Bank

Oilpatch companies

The plummeting oil prices have also caused some concerns about whether oilpatch companies will default on their loans and create financial burdens for the banks.

- The big banks say they are regularly performing stress tests on their loan portfolios to see how they will fare in a continued low oil price environment.

says it will have to look beyond the oilpatch to make up its investment banking revenue.

"With the current activity going on in oil pricing, it certainly is impacting activity levels in the business," Bob Dorrance, the head of TD's wholesale banking division, told investors during a conference call earlier this week after the bank

reported its fourth quarter results.

"Things have slowed down."

Scotiabank was the last of Canada's five big banks to report its quarterly earnings this week, wrapping up a series of conference calls that were peppered with talk about falling oil prices.

The energy sector, a major weight on the Toronto Stock Exchange, has taken a beating on the markets and taken other stocks, including those with indirect exposure to companies that produce crude, down with it.

While all of the country's top lenders reported substantial profits during the quarter, Canaccord Genuity analyst Gabriel Deschaine noted that lacklustre performance on the stock markets caused many of the banks to report weaker than expected revenues from their brokerage businesses. **THE CANADIAN PRESS**



Malls warm up to 'shoppertainment'

The Urban Lodge at the Eaton Centre in Toronto offers customers seating, free Wi-Fi and complimentary charging stations for mobile devices. Experts say with the rise of online shopping, malls must provide people with "shoppertainment" to get them through the door over the Christmas holidays. **TORSTAR NEWS SERVICE**

Experts optimistic

Jobless rate up slightly to 6.6%

The overall drop in Canada's job market last month was so small it fell within the survey's rounding error, but experts remained optimistic

Friday about the country's labour prospects for the future.

Statistics Canada's latest batch of monthly data showed the economy shed 10,700 net jobs last month and nudged the unemployment rate up slightly to 6.6 per cent. **THE CANADIAN PRESS**

Dutch-based company

Mexx declares bankruptcy

Fashion retailer Mexx has declared bankruptcy, becoming the latest fashion retailer forced to liquidate its stock. **THE CANADIAN PRESS**



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VOICES

THE OPEN-COURT PRINCIPLE

In the same way it's important for the public to know about evidence that will influence the court's decision in the Justin Bourque case, video footage related to the Ottawa shooting should also be released



STEPHEN KIMBER
halifax@metronews.ca

There is little doubt that watching video of Justin Bourque describe, chillingly the targeted killing of husbands, sons, fathers — “It’s sad,” Bourque explains blandly. “They might have had a wife and kids, but every soldier has a wife and kids, right?... It’s all about whose side you chose, and they chose the wrong one” — will “re-traumatize” the families of the three RCMP officers Bourque murdered last June.

It’s equally likely the three-hour video, not to mention photos of bloodied Mounties and disturbing audio of radio transmissions, will soon find their way into the farthest, darkest

corners of the Internet.

That will give Bourque and his own twisted, ultimately renounced rationale — he initially told investigators he believed he was launching a rebellion against an oppressive government, but confessed at his sentencing his words were those of “an arrogant pissant” — “a voice in perpetuity.”

Crown and defence lawyers marshalled those potential “personal” consequences to attempt to convince New Brunswick Chief Justice David Smith to keep some key evidence out of the public domain, even though it had already been presented in open court.

“There is a legitimate public interest in getting as much information as we possibly can,” countered media lawyer David Coles. “You have

a bloodbath here. Are our security forces properly trained?”

On Friday, Smith ordered the materials released. “The open-court principle is important,” he wrote, “in that it allows the public to go behind court decisions to see what further determined or influenced its decision; in other words, why the court decided what it did.”

The same principle should apply to releasing evidence in the case of Michael Zehaf Bibeau, the man who killed a soldier during the October attack on Parliament Hill.

Even though there will be no trial — Zehaf Bibeau was killed during the assault — there is security footage video of the attack inside the Centre Block, as well as Zehaf Bibeau’s own videotaped explanation of why he did what he

National interest

Was Zehaf Bibeau a terrorist, mentally ill, or both? What can we learn from the security footage to better protect our national institutions?

did. Was Zehaf Bibeau a terrorist, mentally ill, or both? What can we learn from the security footage to better protect our national institutions?

The RCMP and the Speaker of the House of Commons now say that evidence may never be released. Canadians deserve better. We need accountability.

Your Halifax



Sneak a peek at new library

Kids peer through an art wall to watch an automatic book-sorting machine in operation at the new Halifax Central Library on Friday.

Over the weekend, Halifax Public Library staff were given a sneak peek of the new building, which is set to open to the public this coming Saturday.

JEFF HARPER/METRO

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Upcoming

Beyond the Bridge looks at future of cycling in Dartmouth

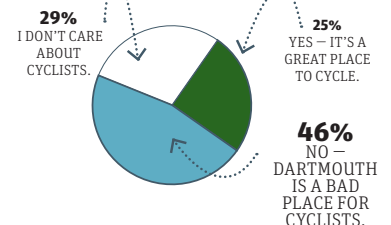


A cyclist makes his way to Dartmouth.

JEFF HARPER/METRO FILE

The Halifax Cycling Coalition is holding a meeting called Beyond the Bridge on Tuesday at 6:30 p.m., looking at how to improve cycling conditions in Dartmouth. The event is free to the general public and will take place at the Helen Creighton Room inside the Alderney Landing library. **METRO**

WE ASKED: IS DARTMOUTH CYCLIST-FRIENDLY?



Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES



Kirk Cameron GETTY IMAGES

There's no Saving Christmas for Kirk Cameron turkey

Former *Growing Pains* star and outspoken evangelical Christian Kirk Cameron learned the hard way that the Internet is basically like quicksand: The more you struggle, the worse it gets.

Last month, Cameron balked at the abysmal score for his new film, *Saving Christmas*, on review



aggregator Rotten Tomatoes, so he called his fans to action to improve the score by flooding the site with good reviews.

Of course, Rotten Tomatoes doesn't really work that way, but that's beside the point. What

happened instead? Well, Cameron just encouraged

online pranksters to go to town, pushing the film to the No. 1 stop on IMDb's 100 Worst Movies list, determined by user ratings on the film database.

And unless he can encourage his fans to start voting down *Birdemic: Shock and Terror* so its ranking dips below the 1.5 stars *Saving Christmas* currently has,

it's an honour he'll hold for a while.



Mark Wahlberg GETTY IMAGES

Wahlberg lobbies to wipe black Mark from his past

When Mark Wahlberg was 16 years old — before he became Marky Mark and, I'm assuming, hooked up with the Funky Bunch — he was a bit of a bad seed.

So bad, in fact, that he was convicted of assault and tried as an adult, serving 45 days in prison.

Well, now he'd like all that wiped off his record, according to a petition he's submitted.

"I am deeply sorry for the actions that I took on the night of April 8, 1988,

as well as for any lasting damage I may have caused the victims," he writes in the petition.

Those actions, by the way, involve assaulting a man while attempting to steal beer outside a convenience store and then punching another man in the face while he fled. My question is, where was Donnie Wahlberg during all of this?

7th Heaven rerun revival plummets to Earth

Back in October, following revelations that 7th Heaven star Stephen Collins had allegedly confessed to molesting young girls, the wholesome family drama was understandably pulled from cable network UP TV's schedule. Well, last month they tried to quietly slip the series back onto the lineup, but fans understandably weren't having it.

"We brought the show back because many viewers expressed they could separate allegations against one actor from the fictional series itself;



Stephen Collins GETTY IMAGES

as it turns out they cannot," a statement from the network reads. "We will be taking the show back off the air."

iPod you not! Music lovers pay big notes for Classics

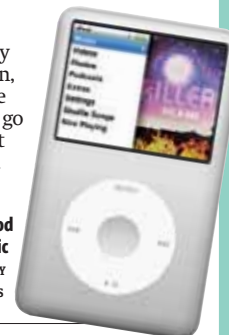
All that outrage over Apple sneakily discontinuing the popular iPod Classic in the wake of the iPhone 6 and Apple Watch announcements has given way to some impressive price-gouging, as fans are now apparently willing to shell out quite a bit for the dedicated music player. The 160-gigabyte capacity iPod Classics are now selling for as much as £670 (or about \$1,190) in the U.K., according to the Guardian, while in the U.S. they're topping out on Amazon at the seemingly much more reasonable \$490.

But that's still a lot more than the \$249 the Classic went

for before being killed off. Oh, and if you've got an old iPod Classic kicking around and want to cash in, even used ones are going for up to \$500 on eBay.

But if this is any indication, that price will only go up, so list carefully.

iPod Classic
GETTY
IMAGES



Jessica Simpson INSTAGRAM

Jessica will not sweep her love under the rug

Instagram is a great venue for making personal confessions or proclamations of love, or just releasing news.

And it looks like Jessica Simpson decided to do all

three in one very simple photo, stating quite bravely on the site, "I love carpet." No links, no hashtags, nothing to muddy the message.

So, there you have it.

2 SCENE

DVD reviews



Guardians of the Galaxy

Director. James Gunn

Stars. Chris Pratt, Zoe Saldana, Bradley Cooper

What do you do when you have a bunch of raggedy characters and ideas and you want to make a movie out of them, perhaps even a franchise? If you're Marvel Comics, you make Guardians of the Galaxy, a summer hit that turned leftovers into one of the year's tastiest dishes.

These Guardians are a motley crew of celestial badasses: giant grunting tree Groot (Vin Diesel); sarcastic mutant varmint Rocket Raccoon (Bradley Cooper); pompous tattooed strongman Drax (Dave Bautista); and green-skinned ninja Gamora, played by Zoe Saldana. The fifth member is the only human one: Chris Pratt's treasure raider Peter Quill, who was abducted as a child and inducted by mercenary space scavengers into their business. They all have their own attitudes and agendas, but fate — in the form of an all-powerful orb that could destroy the universe — forces them to work together. **PETER HOWELL**

It takes a crowd to cross ethnic borders

Sandra Oh. Former Grey's Anatomy star seeks funding for new film project she hopes will better represent young Asian women



NED EHRBAR
Metro in Hollywood

After 10 seasons on Grey's Anatomy, actress Sandra Oh is going in a very different direction for her next project.

Oh is lending her voice and producing power to Window Horses, an animated film about a young Canadian poet of Chinese and Iranian descent. And she's also learning a lot about the world of crowdfunding, thanks to the film's extensive Indiegogo campaign.

You've been busy since leaving Grey's Anatomy. I'm super-excited to be working on Window Horse and kind of producing for the first time, which for me is a whole new hat and a whole new learning curve, which is great. It's so exciting for me.

After a decade of Grey's, the thing I fall in love with is an animated film! So I thought I'd try to get that made.

What was it about this project that spoke to you?

For me, Window Horses

is so pro-girl, it's pro-tolerance, it's pro-diversity and it's set in the world of poetry. These are all things I feel extremely invested in and extremely interested in sharing.

I feel that race is deeply a part of everyday life, and to be a spokesperson or to put stories out there about people who don't get represented is something I'm really interested in and very invested in.

I realized while watching things that are geared towards young people, young girls, I still do not see myself represented as an Asian person. Absolutely not, even with the headway that we have made.

How do we get to a place where projects that are pro-girl and pro-diversity don't just seem like no-brainers?

I honestly don't know. I'm fully aware that the Indiegogo campaign is an outsider's way of making work, and honestly that's why it appeals to me.

Having been inside, in some ways, for the past decade on a very successful and very well-funded television show — which was an amazing, amazing experience — I just want to take what I know from that and bring it to another audience, an audience that is not as well-represented, who actually wants to hear different stories, not mainstream stories.

I'm honestly sick of seeing the same story over and

over and over again. All you have to do is look at reality television. All those things are the same!

What has (Grey's creator) Shonda Rhimes done for representation on TV?

There's so much Grey's did for diversity on television, and the style of the show was that we never talked about race.

The way that her track record can actually prove, in a physical, monetized way, that people will watch a TV show when there are black people on it, to be quite blunt — it's like, yes!

And other stories, other faces that maybe we're not used to seeing as the primary storytellers. Who are we following? Who's story are we following?

The character in Window Horses is this mixed-race young woman who is trying to discover herself and who has an artist's voice and goes and finds it in another country.

I just know that there is an audience for that. I know

Sandra Oh is crowdfunding for an animated film about a young Canadian poet. GETTY IMAGES

there is a girl out there who is going to see herself in this character, and I want her to see it.

How has it been so far interacting with that audience?

It's very new for us. I'm sure there are a lot of other people who are pros at it, and the way we're doing it is our own way.

It's mysterious in its own way because you have no idea what will happen, and I just hope that people will see it and say, "I want to see a stick-figure character who has two little slits for eyes and is wearing a chador, I want to see her up there so I'm going to donate."

It's a platform to connect with people — to connect with like-minded people. Just the amount of people who have responded to it and want to tell their own stories, it's a like a floodgate.

When people — or let's say larger organizations or paradigm structures — say that no one wants to hear these stories, I just don't believe it. I don't believe it at all.



Download this! Metro gives you its weekly picks for the best in gaming, apps and ebooks



MIND THE APP
Kris Abel
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Ebooks

The Sailor's Dream

By. Jonas Tarestad and Jonathan Eng

iPad/iPhone

Time passes in this novella when you're not reading it. Open it after an hour or a day and new pages appear. Hidden within interactive illustrations, story snippets float up like repressed memories. The narrative is hard to follow, but the experience is poetic.



App



TouchCast: Imagine

iPad Free

Record yourself singing John Lennon's Imagine and you can join UNICEF and the United Nations for the world's largest sing-along music video, to be released this New Year's Eve.

Video game

Name. Pokémon Omega Ruby/Alpha Sapphire

For. Nintendo 3DS/2DS

Rated. Everyone

The way this game sets you up to battle your father is the best approach yet to the theme of finding independence in childhood. That you can now decorate and share your own secret bases online or compete in a Contest Spectacular is all fun, but it's still the little story moments that offer real charm.



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Wrap up the year with savings

Money makeover.

The tree isn't the only thing that needs trimming in December



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

When was the last time you actually read your bills? Most people just pay 'em without giving a second thought to whether they're getting their money's worth.

Since you work hard for your money, doesn't it make sense to see if it's going where it will do you the most good? As we round the corner into a new year, this is a good time to stop and take stock of how you've been spending your money.

People shell out thousands a year on home phone and cellphone bills. A little attention could net you a cheaper plan that gets you what you need and puts money into your savings account. Ditto your cable and gas bills, your credit card and bank statements.

Today, spend one hour going over all your bills so you're completely familiar with where your money is going.

Look for all the things you pay for, but seldom use, and as you chop, trim, slice and dice, make a list of the money you're saving.

With electricity costs going up, saving money is as simple as unplugging unused appliances. Even when your appliances aren't in use, if they're plugged in, they're using electricity. And some appliances are energy pigs. Did you know your DVR is



Take an hour today to go over all of your bills so you're familiar with where your money is going. iStock

using more power than your fridge?

Do you know what you paid in service charges last month? No? Time to read your bill! I've looked through bank statements showing a \$20 withdrawal holding hands with a \$3 fee. That's a 15 per cent fee. If you're usin' an ATM like a wallet, what's wrong with you?

Then there are the dopes that think living in overdraft is a good idea. It's not just the monthly fee (if you even have a plan, 'cause I've seen some folks paying \$5 a day for every day they're in overdraft), there's the inter-

est charge too. No, that's not 1.75 per cent a year ... that's a month, which translates into 21 per cent a year. OD was never meant as a cash-flow supplement; it was always meant for emergencies. If you are always in overdraft, it's because you haven't cozied up to a budget. Do it.

Don't forget those bills that come less often, like your home and car insurance. My last home insurance bill went up by 16 per cent. You might be surprised at how easy it is to save some money just by shopping around online.

While you might have grown very comfortable with

the insurance company or broker with whom you've been dealing, if you can save a couple of hundred bucks a year by shopping around, that's nothing to sneeze at. Your premiums will also go down if you choose a higher deductible. The standard deductible is \$500. Since you're unlikely to make an insurance claim for such a piddly amount, raise the deductible on your policy and add a little extra to your emergency fund to cover the difference. And bundling home and vehicle insurance together could save you more than \$300. Hey, that's worth the call to

Cut the waste

If you find places where you're surprised at what you've been shelling out all this time, it may be time to re-evaluate what you're getting for what you're spending.

- Are you paying to have movies piped in, but never seem to watch? Axe it.
- Buying services at a premium? Move to a lower level of service and save the difference. That's more money for your savings.
- Paying for membership at a gym that you haven't visited in six months? Lose it.
- Paid even \$1 in banking machine fees? Do you really think your bank needs your money more than you do?

consolidate, isn't it?

Eliminate just \$50 worth of monthly spending, and you'll have \$600 to add to your savings this year. Take that \$600, invest it in an RRSP at an average return of 5 per cent, and reinvest your tax refund every year to make your RRSP contribution grow, and in:

20 years you'll have \$29,610
25 years you'll have \$37,485
30 years you'll have \$45,360
35 years you'll have \$53,235
40 years you'll have \$95,424

... all from a measly little \$50 a month. Can you imagine what you could do with \$100?

3 TIPS



THANK YOU!

We wish to thank everyone who made **Homes for the Holidays 2014** a resounding success! Many thanks to the generous homeowners, décor consultants - **Interiors by Melanie, KEW and Deborah Xidos & Jean Brown**. To our volunteers, raffle donors and many kind retailers, and to all who attended - **we value your support!**

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For the ruff stuff, call on a campus canine

Education. Post-secondary schools turn to therapy dogs to help high-strung students

MOLLY CONGDON
Metro in New York City

“Doggy!” This is the reaction most people have when a dog crosses their path. For years, studies have examined how dogs help people deal with difficult topics such as illnesses and grief.

Given this, it seems only natural that college campuses across the country would start to use therapy dogs to help relieve the significant stress among students that can build up as they juggle science labs, work-study jobs and writing 20 page papers.

Enter Jersey, an adopted Carolina blend who recently became Drexel University's first canine employee. (He even has his own offi-



Kathryn Formica and Jersey hard at work in their shared office. CONTRIBUTED

cial identification card).

With Jersey's hiring, Drexel became the first university in the country to

have an on-site therapy dog throughout the academic year.

Jersey can be found on

the third floor of the recreation centre in the office of Kathryn Formica, his owner and the co-ordinator of stu-

Don't have a pup? Seek out your own version

- **Go for a stroll.** Head to a local park near campus and park yourself on a bench. Trust us, you'll see lots of dogs walking with their humans.
- **Create your own private session.** Find a pet store and pick an adorable dog to look at. That will get you at least 10 minutes of puppy love.

The dog that made my day

“He makes them feel safe and secure; he brings instant smiles and happiness.”

Kathryn Formica, Coordinator of student fitness and wellness in the Drexel Recreation Center, on canine employee Jersey

dent fitness and wellness in the Drexel Recreation Center. Formica explains that she sees an average of 10 to 25 student visitors per day, but around midterms it spiked to 30 students or more.

“I was excited that he's not in a library setting, because it gets students into

our building to see the gym facilities,” Formica says. “They can see other alternative ways to relieve stress.”

Dogs just make people happy, Formica notes in observing Jersey's popularity.

“Jersey reminds them of home,” Formica says.

“He makes them feel safe and secure; he brings instant smiles and happiness.”

Other schools that have incorporated therapy dogs into campus life include Harvard, which has a Shih Tzu named Cooper in their Library of Medicine and New York University which has had therapy dogs visit their campus to interact with law students.



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— Bruce Collins, NSCSA Executive Director

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In taking this initiative, Middleton has helped to improve and strengthen Nova Scotia's safety culture. The NSCSA encourages all municipalities to follow their lead.

To learn more about NSCSA's safety programs visit nscsa.org.



Veg up gnocchi with kale and squash

Dinner. Typically served with a simple sauce, this potato pasta gets a healthy makeover



ROSE REISMAN
For more, visit
rosereisman.com or
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FLASH FOOD



From your fridge
to your table in
30 minutes or less

Gnocchi is a version of pasta made from potato, egg and flour. It's a wonderful appetizer or main meal especially during the colder months, which means right now!

Gnocchi doesn't just have to be paired with a tomato sauce.

To make this a heartier

Ingredients

- 1 cup diced onion
- 1 tsp vegetable oil
- 1 1/2 tsp crushed garlic
- Salt and pepper
- 1 1/2 cup diced butternut squash
- 1 cup diced red bell pepper
- 1 lb gnocchi
- 8 cups chopped kale leaves
- 1/2 cup grated Parmesan cheese
- 1/3 cup grated mozzarella cheese



**TOTAL
TIME
ABOUT 25
MINUTES**

This recipe serves six. ROSE REISMAN

dish, I've added cubes of butternut squash, which are filled with vitamin A and C, potassium and fibre. Super green kale, meanwhile, is a cancer-fighting cruciferous vegetable that contains daily amounts of vitamin K, C and A.

If you like a more flavour-

ful cheese than Parmesan, try Romano or Pecorino.

Directions

1. Preheat broiler.
2. In large skillet, sauté onion in vegetable oil for 3 minutes on medium heat. Add garlic, salt and pepper, squash and

red bell pepper, sauté for 5 minutes, stirring constantly.

3. Meanwhile, bring a pot of water to a boil. Add gnocchi and bring back to a boil. Cook for 4 or 5 minutes, or just until the gnocchi rise to the top and are tender. Add kale during last two minutes of cooking.

Drain well and add gnocchi and kale to squash mixture. Add Parmesan cheese.

4. Spray a 9x13 inch casserole dish with vegetable oil. Add gnocchi mixture and garnish with mozzarella cheese. Broil for two minutes or just until cheese has melted.

Nutritional information

Per serving: 196 calories, 29 g carbohydrates, 4.2 g fibre, 9 g protein, 5 g total fat, 3 g saturated fat, 15 mg cholesterol, 540 mg sodium

Side. Roasted Eggplant with Chickpeas and Feta

1. Preheat oven to 450 F. Slice eggplant in half lengthwise. Spray baking sheet with vegetable oil, and roast eggplant 15 mins., then remove. Preheat oven to broil.

2. Meanwhile, in skillet, heat oil and sauté onions, mushrooms and garlic 5 minutes or until mushrooms dry.

3. Remove pulp from eggplant (set skin aside) and dice pulp. Add to onion mix and sauté 3 minutes. Add olives, basil, tomatoes, chickpeas and tomato sauce and continue to sauté for 2 minutes, till tomatoes begin to soften.

5. Add parsley, bread crumbs, salt and pepper, chili flakes

Ingredients

- 1 medium eggplant
- 2 tsp vegetable oil
- 1 cup diced onions
- 4 oz chopped button mushrooms
- 1 tsp chopped garlic
- 1/4 cup diced black olives
- 1/2 tsp dried basil
- 2 cups diced plum tomatoes
- 1 cup chickpeas
- 1/2 cup tomato pasta sauce
- 1/4 cup chopped parsley
- 3 tbsp seasoned bread crumbs
- Salt and pepper
- Chili flakes to taste
- 3 oz crumbled feta cheese

Garnish

- 2 tbsp low-fat plain yogurt

and 2 1/2 oz of the feta, leaving the remainder for the topping. Fill eggplant shells and garnish with remaining feta.

6. Broil 2 minutes or just until lightly browned. Drizzle with yogurt. ROSE REISMAN



This recipe serves four. ROSE REISMAN



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Mooseheads forward Danny Moynihan had a hat trick in a 5-0 win over the Charlottetown Islanders on Friday night at the Scotiabank Centre, the first of two home games for the Herd over the weekend. JEFF HARPER/METRO

Herd splits weekend

QMJHL. Moynihan notches birthday hat trick in Friday victory



KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

The Halifax Mooseheads had a hit-and-miss weekend.

The Herd skated over the Charlottetown Islanders 5-0 on Friday night, powered by a hat trick from Danny Moynihan and shutout from Zachary Fucale, but fell to the division-leading Saint John Sea Dogs 3-1 on Saturday night.

"We had a solid game on Friday, a pretty complete game on both sides, with and without the puck," Halifax head coach Dominique

Ducharme said Sunday.

Saturday night's game was "solid" as well, he said, other than about 10 minutes in the first period when the Sea Dogs dominated.

"We had chances, we did a good job," Ducharme said, but "we need to be able to keep it up for 60 minutes."

Bedford brothers Luke and Matthew Green, 16, helped Saint John crack the scoreboard just over eight minutes into the first, with the former assisting the latter. Forward Matthew Highmore, 18, of Halifax made it 2-0 about four and a half minutes later.

Forward Mitchell Dempsey added another for Saint John midway through the second, while Timo Meier, 18, notched Halifax's lone goal of the game at 17:12 in the second to break the goose egg, with help from

By the numbers

- **14-14-2-1.** This season's regular season record for the Halifax Mooseheads.
- **31.** Total points in QMJHL standings for the Halifax Mooseheads.
- **4th.** Placement of the Halifax Mooseheads in the Maritimes Division.

linemates Nikolaj Ehlers and Moynihan.

"Once we got scored on, that first goal, we kind of stood around a bit, and we weren't as active," Ducharme said, but "in the second and third, we were right there in the game."

Moynihan was hot all

weekend, scoring a goal each period, giving him 14 goals and 24 points on the season.

Not a bad birthday present for the Windham, N.H., native, who turns 19 years old today.

"When you get the first couple, you feel like you have the momentum, and that just helps you throughout the game," Moynihan said.

Import forward Ehlers, 18, and defenceman Matt Murphy, 19, also had three points apiece, all assists, in the game.

Cole Harbour kid Brett Crossley, 16, scored his first official goal Friday wearing a Herd jersey, while centreman Philippe Gadoury, 20, notched Halifax's second goal of the night.

Netminder Zachary Fucale, 19, made 26 saves for the shutout win.

Gymnastics

Black claims silver in Glasgow

Ellie Black is back doing what she does best — collecting medals.

The Halifax gymnast snagged silver at the Glasgow World Cup, a one-day event featuring eight top international competitors, Saturday at Emirates Arena.

Black, a two-time Canadian all-around champion, scored 56.432 points to claim second place.

Her best performance was on the balance beam, which garnered her 14.833 points.

Romanian Larisa Iordache won all four events with a score of 59.232 points for the gold medal.

The Glasgow event is the second of three invitational World Cup meets. **METRO**

Hockey Canada

Pulsifer moves to national program

Hockey Nova Scotia president Randy Pulsifer is moving up.

He was elected to a one-year term on the Hockey Canada board of directors on Saturday, during the national organization's 96th annual meeting in Ottawa.

Pulsifer served as Hockey Nova Scotia's referee-in-chief before becoming president in May 2011. He will start his new position next month.

"Over the last three and a half years, we have worked hard to make the game safer and more accessible for our young players," Pulsifer said in a news release. "That is a mission I hope to continue with Hockey Canada."

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- 6 Mark Ronson ft Bruno Mars: Uptown Funk!
- 5 Alesso ft Tove Lo: Heroes
- 4 Selena Gomez: The Heart Wants What it Wants
- 3 Ariana Grande & The Weekend: Love Me Harder
- 2 Nick Jonas: Jealous
- 1 Taylor Swift: Blank Space

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Cards win battle on ground

Chiefs wide receiver Dwayne Bowe leaps over Cardinals defenders Justin Bethel and Rashad Johnson on Sunday in Glendale, Ariz. Despite Bowe's efforts, the Cardinals won 17-14 on the strength of Kerwynn Williams' 100 yards rushing. JENNIFER STEWART/GETTY IMAGES

'I Can't Breathe'

Rams players not shying away from societal statements

A week after their "Hands Up, Don't Shoot!" show of solidarity, several St. Louis Rams players made another

societal statement Sunday with the message "I Can't Breathe," a slogan referring to Eric Garner, who died after a New York police officer placed him in a chokehold during an arrest.

A number of the players wrote the words on their equipment.

THE ASSOCIATED PRESS

Karlsson's OT goal ends Sens' skid

NHL. Ottawa erases three-goal deficit to beat Vancouver

Erik Karlsson scored the winner 1:21 into overtime to lead the Ottawa Senators to a 4-3 win over the Vancouver Canucks on Sunday.

Ottawa scored four unanswered goals to win the game and snap a five-game losing streak (0-4-1).

Mika Zibanejad led the way for the Senators (10-11-5) with two goals and two assists. David Legwand also scored as Craig Anderson faced 33 shots.

Radim Vrbata, Kevin Bieksa and Brad Richardson scored for Vancouver (18-8-1) as Eddie Lack faced 45 shots.

Things looked bleak for the Senators when the Canucks took a 3-0 lead early in the second as Richardson took advantage of a Chris Phillips giveaway and walked in to beat Anderson.

Ottawa's comeback bid started midway through the third as Legwand scored a power-play goal.

Zibanejad made it 3-2 at 14:12 of the second as he picked up his own rebound



Alexandre Burrows of the Canucks collides with Senators goaltender Craig Anderson in Ottawa on Sunday night. FRED CHARTRAND/THE CANADIAN PRESS

On Sunday

4

Senators

3

Canucks

- The Canucks wrap up their seven-game road trip Tuesday against the Canadiens, while the Senators are off until Thursday, when they host the Kings.

and banked it in off Yannick Weber.

Zibanejad, with his first two-goal game, completed the comeback with just over

one minute remaining in the period as he took a pass from Bobby Ryan and beat Lack off his backhand.

THE CANADIAN PRESS

PGA

Healthy Woods struggles in return

Tiger Woods tied for last place in his return to golf after four months and found at least one reason for optimism.

At least he has his health.

Except for flu-like symptoms on Saturday, Woods made it through 72 holes of the Hero World Challenge by swinging as hard as he wanted without feeling any pain. He finished 26 shots behind winner Jordan Spieth.

THE ASSOCIATED PRESS

NBA

Grizzlies bear Heat in rout

Jon Leuer scored a season-high 20 points and matched his career best with 12 rebounds to lead the Memphis Grizzlies to a 103-87 victory over the Miami Heat on Sunday.

Mike Conley added 18 points for Memphis, connecting on all eight of his shots, while Zach Randolph and Courtney Lee finished with 17 points apiece. Tony Allen had 14 points, shooting 6-for-8, as Memphis made 59 per cent and snapped a two-game losing streak.

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

This week should be easier than last week. Today, however, you may have to deal with a problem you would like to pretend does not exist.

♉ Taurus

April 21 - May 21

An embarrassing event will make you shy to show your face in certain circles but so what if you made a fool of yourself? No one is perfect. Laugh it off.

♊ Gemini

May 22 - June 21

Get out into the world and have a good time. The more people you meet on your travels the better, as they will open your eyes to new possibilities.

♋ Cancer

June 22 - July 23

Something shiny will catch your eye and you won't be happy until you possess it. Whether or not you can afford it won't worry you. Will you regret it tomorrow? Who cares!

♌ Leo

July 24 - Aug. 23

There are so cosmic influences working in your favour and you can't help but feel delighted with life. However, as luck planet Jupiter turns retrograde in your sign today don't take too much for granted.

♍ Virgo

Aug. 24 - Sept. 23

If you find it hard to get your act in gear as the new week begins maybe you are doing something wrong. Or maybe you need an extra day of rest.

♎ Libra

Sept. 24 - Oct. 23

Make an effort to get to know someone you thought of as boring and you may be surprised to find they are more interesting than you imagined.

♏ Scorpio

Oct. 24 - Nov. 22

Whatever challenges you are faced with over the next few days you will attack them. But don't get carried away and take on something (or someone) that is out of your league.

♐ Sagittarius

Nov. 23 - Dec. 21

You know that what you believe in is right and you know that what someone else believes in is wrong. How do you convince them to change their outlook? You don't. Let them learn from their own mistakes.

♑ Capricorn

Dec. 22 - Jan. 20

Don't be too critical of someone today because later in the week you will need their assistance and they are unlikely to give it if you've been too hard on them.

♒ Aquarius

Jan. 21 - Feb. 19

As Jupiter begins one of its retrograde phases today you are advised not to take anything for granted.

♓ Pisces

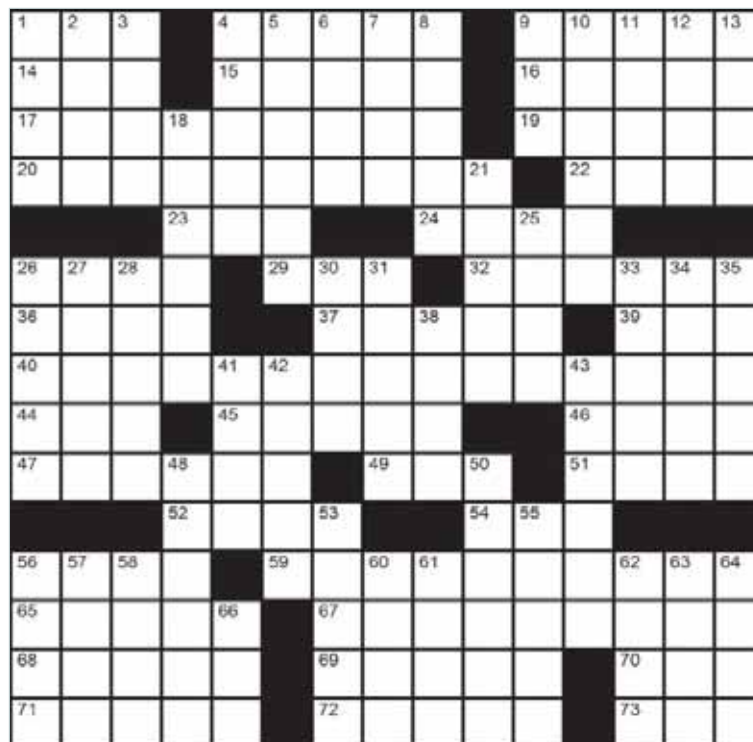
Feb. 20 - March 20

You may be one of the more sensitive members of the zodiac but you can be tough when the occasion calls for it. At work others will get the message that you're not such a wimp after all.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Corn on the ___
4. Guinness and Baldwin
9. Thing to kick as a New Year's resolution
14. Shakespeare: "___ some other name!" - Juliet
15. "Hello, ___!" (1969)
16. Historical time
17. One who points out every perceived flaw
19. Indulgence at the mall
20. John Lennon song: 2 wds.
22. Star tennis player Mr. Murray
23. Battleship letters in The States
24. Yank
26. Printer's pile
29. Five - Three = What?
32. Opera legend Maria (b.1923 - d.1977)
36. Linguish
37. Mountain spinach
39. "___ the King's Men" (2006)
40. ___ Provincial Park, in northwestern Ontario
44. Building extension
45. Speak
46. Ding-___! (Sound from the door)
47. Delete private information
49. Home addr.
51. Angry snits



52. "This Hour Has 22 Minutes" bit
54. ___ rata
56. Ms. Carrere's
59. Promontory on which Quebec City sits: 2 mots
65. Foretells
67. Attorney, in England

68. Bundle-of-joy carrier
69. Food staple
70. Lanois' U2 co-producer
71. Ashen looking
72. Two-masted boats
73. New York baseball player

Down

1. And, e.g.
2. Off-Broadway theatrical award
3. Test version of software
4. "Good-bye!"
5. Plague pest
6. Antlered animals
7. Horsefly
8. Sundae topping
9. She's opposite
10. Disgust
11. "___ Free" (1966)
12. Frosted
13. Group of unnamed people
18. Feathered
21. State flower of New Mexico

25. Bert of "The Wizard of Oz" (1939)
26. More less cooked
27. School: French
28. Get ___ of (Contact)
30. "___ Get Fooled Again" by The Who
31. "Waiter! I'm ready to ___ now, please."
33. Travail, variant-spelling
34. Tiffany hit: "I Think We're ___ Now"
35. Canadian band, Doug and The ___
38. Cottage plot
41. Lotto-winner's circumstance
42. Storage-area-turned-extra-room
43. Manners of speaking
48. Declare
50. Type of notebook
53. Type of cat
55. Military attacks
56. Baker's meas.
57. 9th Greek letter
58. Hubbubs
60. Prefix to 'normal'
61. "The Price Is Right" host Mr. Carey
62. "Up and ___!" (Rise and shine!)
63. "The Real Housewives of Atlanta" cast member Ms. Leakes
64. Horse speed
66. Flying bird's domain

Friday's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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